Five Life-Changing Benefits Of The Fasting Mimicking Diet Transcript

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Introduction to the Longevity Summit

Eveyone. This is Doctor Joseph Antoun and your host for the longevity summit. The first fasting longevity summit that we did last year had 55,000 attendees.

Hopefully this year we're going to get closer to the 100,000 people changing lives altogether. Please. These five minutes videos that you're listening to and all the other videos with the other experts are life changing.

Share them with your friends, with your families, with your loved ones to change their life as well. In this 5 to 10 minutes video, I'm going to focus on the benefits of the fasting mimicking diet.

So first let me recap. What is a fasting mimicking diet? The fasting mimicking diet is the precision nutrition formulation that is sent to your house in a box that you can consume over five days.

It gives you your food.

What the Fasting Mimicking Diet Is

It gives you vitamins. It gives your drinks. So you don't need to buy anything else. And you can still have your one cup of coffee a day with it. But other than that, your food, your drinks, your supplements are there.

There's two ways to get the fasting mimicking diet. One way is to buy it on the prolonged life. The box is called prolonged for promoting longevity. And there's one other way if you want to be supervised with the health care practitioner or the dietitian, then you can buy it through Neutral Health L Neutral health.

This is how you can access it. So it's a five day regimen of precision nutrition that gives you the benefits of fasting. It is plant based. No artificial, no preservative.

It's gluten free. It's non-GMO, soil free, etc.. So very healthy. Premium ingredients. Now what is a fast Mickey diet? It's precisely formulated to nourish your body while keeping the metabolism and the cells in a fasting mode.

And we explain this in detail. I explained in detail in another video about how to mimic fasting with food. But in two words when you eat it, it doesn't spike the signals and the blood that there's food.

So insulin and insulin like growth factor do not spike. They don't tell the body, hey, I have enough carbs and I have enough proteins. And at the center level it doesn't trigger the nutrient sensing pathways.

These are three radars. And the cell we call them the PCA pathway to rest pathway and the tour pathway.

How Fasting Mimicking Diet Supports Fasting

It doesn't trigger them enough so that the cell is still thinking it's fasting while it's receiving the nutrients. These are the two secrets of the fasting mimicking die.

Now why we want to consume a fast segment between diet. It's important to mimic fasting with food because fasting brings a lot of positive and also brings negatives.

The positives, like we described in the benefits and types of fasting are reducing weight, protecting metabolism, resetting metabolism, supporting a blood pressure.

Blood sugar, blood cholesterol, blood triggers. Right. So a lot of metabolic benefits. Plus when you go on a

prolonged fasting phase above three days, beyond three days, you really need the cells.

You're putting pressure on the cells to rejuvenate to survive. This process, called the autophagy process, won the Nobel Prize in Medicine in 2016. It's a miracle of biology.

It pushes the cells of the body to rejuvenate and therefore their healing. They're fixing their reprograming and they're getting younger biologically.

So you're getting away from hitting the next big chronic disease that is related to age because you're getting biologically younger. And this is very important.

I always say stay younger than your age. This is the best prevention. This is the best pro longevity process. So what are the benefits of consuming a fasting mimicking diet.

I'm going to focus on five. Number one is the weight management weight care. We've talked traditionally. You know you hear the dietitians or the doctors or influencers.

We talk about weight loss. This is a little bit of a concept from the past. Because you can lose weight.

Weight Care and Muscle Preservation

You can you can get a GLP one. The tide picks they were going all these days that you're talking about. It will help you lose weight, but you're going to lose muscle with it.

You're going to deplete the bones and you're going to have side effects in this not always healthy. So we don't want to go back on this concept of just weight loss, because when you lose muscle at the same time, when you're losing weight, you get into this vicious circle of when I stop dieting, when I stop my GLP one, when I stop my pills or my injections, I'm getting stuck because what happens is I lose muscle, I lose the engine of burning carb, and whenever.

Then I stop my intervention. My body is. Metabolism is slow. I lost a lot of muscle and therefore I'm picking back up all the calories. I'm restocking them into fat.

So whenever you do any dieting or any injection, any molecule that helps you lose weight, be careful that you want to protect your muscle. If you don't protect the muscle, the day you stop that intervention, you're picking back up everything you lost into fat.

So you're doing cycles of losing muscle and regaining fat, losing muscle, and regaining fat. And this is why most of us have tried so many likes, have tried so many injections, so many pills.

And then we go back to square zero. Actually, we go back worse because we're swapping every time muscle with fat. The most important concept moving forward in weight, we should call weight care.

Care about your weight. Who's only the fat? And selectively, you want to lose the fat that is actually inside of your organs. What we call a visceral organ.

Inside or around the organs. The fat around the heart. The fat around the liver, the fat within the liver, around the kidneys, etc.. And this is where the fasting mimicking diet does a wonderful job.

It taps selectively into the visceral fat. The fact that is so harmful for the organs, that creates insulin resistance, and it gets you on the path of diabetes.

At the same time, it protects lean body mass. This is the biggest revelation in here. The biggest secret with autophagy, of course, and resignation in the fast significant diet because once you protect the muscle, you escape this vicious circle that we talked about.

And basically you're supporting a higher metabolism, a higher or you maintaining energy. But when you lose the weight and you protect your body mass, you have a better engine, you have a better organ, you are increasing energy.

You're actually walking longer, you're exercising more. And this is how you escape the vicious circle. You care about your weight, you lose only fat and you protect mass.

This is very important. Why the fasting limiting diet? Everyone thinks on a fast and loose muscle. Yes, on water fast you get to lose muscle. But with the first thing you can do it with prolonged or with a neutral half calm, you're not going to lose that muscle.

You're going to protect clean body mass. Why? Because as we talked about, the fasting supports rejuvenation of the cells. The muscle rejuvenates. Fasting is the stress.

Remember fasting is not a calorie depletion.

Cellular Rejuvenation and Longevity

It's a stress. When you have stress, hormones of stress are up. One of them is the growth hormone. Growth hormone. What pushes the muscle to grow. Now you're pushing the muscle to grow, but not on water.

Fasting on nutrition is macros. There's proteins in the fasting we can diet and there are parts. So therefore the muscle is regulating push to grow and has enough macronutrients to grow the balance.

At the end of the five days you see muscle protection. And the studies are showing that when you repeat the fasting mimicking diagram, you repeat prolonged.

We're seeing that people started exercising naturally more because they feel their leader. They lost fat and they protected their lean body mass. And as you can imagine, if you're a diabetic patient and this is why the Neutral Health Program exists, if you're a diabetic patient, where all the medicines have failed us is that they help you lose the weight and, well, the GLP one, you lose the weight and you lose muscle.

Vicious circle as we talked about or otherwise, they help you gain weight. This is what insulin does. This was this where all the old traditional medicines that sensitize insulin uptake or insulin production, they end up actually helping us gaining weight and going forward into our diabetes journey.

This is why the first thing we can diet is so essential for weight loss, fast fat induced weight loss and protecting lean body mass. Big secret to escape blood sugar and diabetes.

Emotional Benefits and Food Relationship

The second benefit of the fasting mimicking diet is cellular rejuvenation. This is what the type about it. As a longevity intervention, we say the first thing we can diet is an important intervention for longevity. Why?

As we talked in the other, other two videos about the benefits of fasting and how we make fasting with food, the fasting mimicking diet helps the body cross three days of fasting all the way to five days, and when you cross the third day of fasting, you rejuvenating the cells you're practicing. Autophagy.

Autophagy is so important to reduce the biological age core of the body and therefore keeping you younger than your age, and therefore hopefully sets you on a successful longevity pathway.

The third benefit is emotional fasting, mimicking night when you do prolonged when you do the Neutral health program, it's a lot of it's an emotional five day journey.

You feel empowered. 91% of people finish the prolonged or the fasting making diet 91%. Why? Because it's only

five days. When you hear the word diet, you think you're dieting every day and this is how you fail.

We all start on the day, and then we fail on the day to continue on a diet. It's difficult, it's perpetual, and therefore people feel that they regain their relationship with food.

They finish something they've done the five days and they start right away seeing the benefit. They see the weight loss. They feel that they're more energetic.

They feel the brain fog decreased. They feel that they have higher energy. So it's a very emotional journey of a successful five days. The fourth benefit is changing your relationship with food.

Skin Rejuvenation and Clinical Results

We hear this all the time. Every time we do prolonged, people say, I never knew that I can eat a plant based nutrition. I never knew that I can ease smaller portions.

I never knew that I didn't need to snack again during the night. I never knew that I could not, you know, be all the time dependent on meat and preservative and and desserts, etc.

or on my Diet Coke, etc.. So it's, it's a big change of relationship with relationship with food and it d addicts you to whatever you feel you're addicted to that's damaging your body.

The fifth and last benefit of the fasting mimicking the eye. And it was a bet from us to show that you rejuvenate. Indeed, the body is visually when you look at somebody after doing prolonged, are they going to rejuvenate the cells of the skin?

Skin is the largest organ of the body. So we took the bet and we did the randomized clinical trial to show that rejuvenation happens in the body. Rejuvenation happens in the cells, in the skin cells.

And when you look at a person after prolonged, we did a big randomized control that we published in a dermatologist journey. And it showed that it approves skin Glonass, skin rejuvenation, skin hydration, and people who did it increase their confidence and their happiness.

It's so important to visually see the transformation. So going through Prolog, you basically are losing fat.

How to Use ProLon and Final Recommendations

You're protecting your muscle, you're feeling great, your energy is high, you rejuvenated yourselves, you feel empowered, and you set yourself on a journey to win and to improve and to start a healthy, long life.

Hopefully you enjoy the five benefits of the fasting mimicking diet if you want to access it. As I mentioned, the product is called prolong or a neutral health.

You can find it on that website. We recommend you do three times prolonged per year. You don't have to fast all the time. You don't have to go and reset your cells all the time.

When you're watching a car race, a NASCAR or Formula One, you know the cars take three pit stops. They don't stop all the time. The engineers come, they reset, they fix, they do whatever they fix, whatever they're going wrong, and they set back the car on track.

Healthier, stronger. You only need to do it three times per year. 15 days out of 365 days can change your life. Now, if you have diabetes or blood sugar or other conditions, we recommend you do it for to six times.

And this is where we provide you, the nutritionist and the doctors to supervise you. You can find those benefits or ask your questions there at NeutralHealth.com.

Thank you very much.